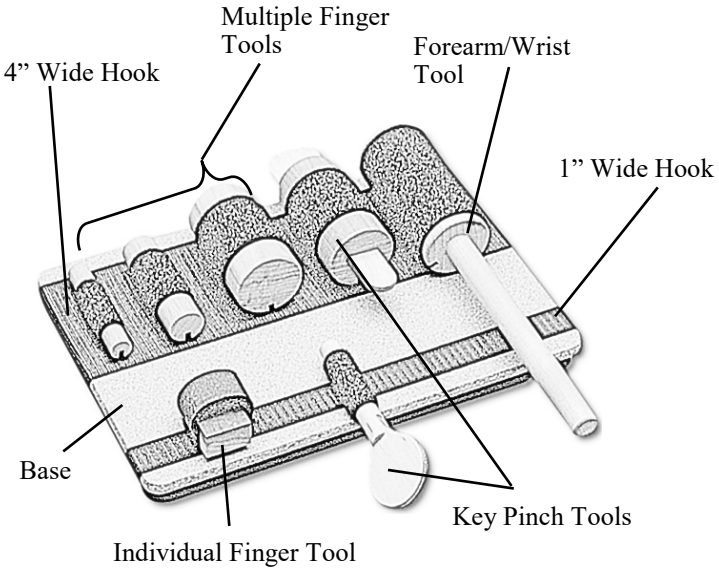
E-Z Exerboard

⚠ Caution: Read Instructions before operating device.

Product Identification



To Use

General Instructions

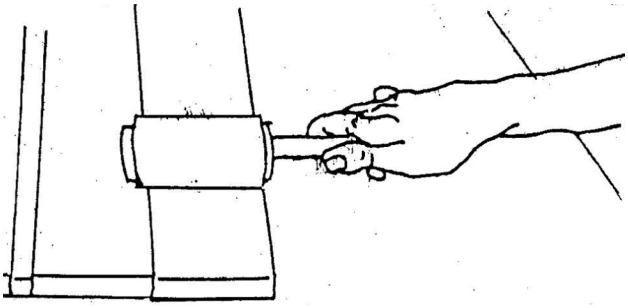
Use *4" Wide Hook* for greater resistance and *1" Wide Hook* for lesser resistance.

Use smaller diameter *Multiple Finger Tools* for greater resistance and larger diameter tools for less resistance.

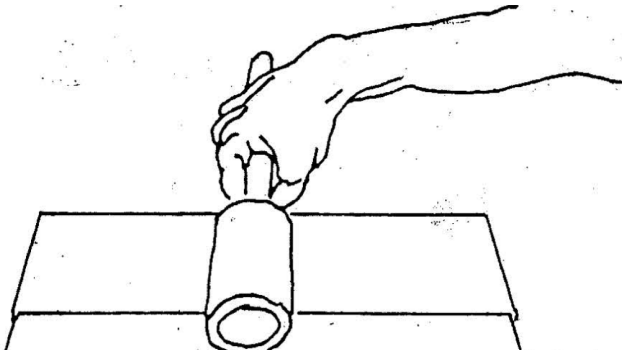
To increase handle diameter of the *Forearm/Wrist Tool*, pipe insulation or adhesive foam can be added.

To prevent tipping of *the Wrist/Forearm Tool* during exercise, use the opposite hand to stabilize the roller

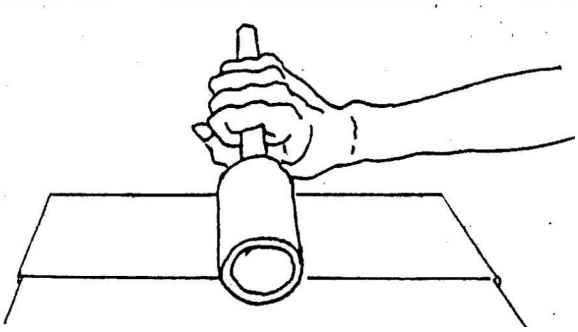
Pronation



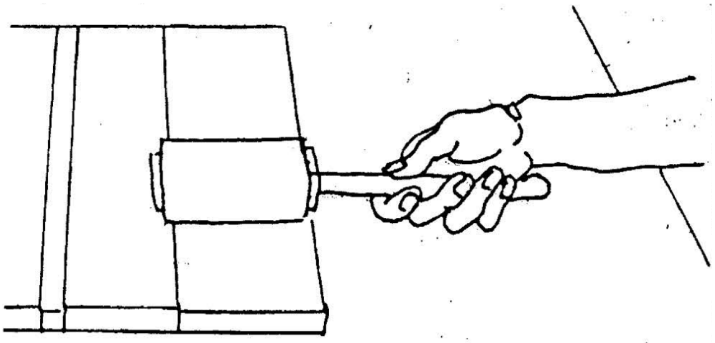
Wrist Flexion



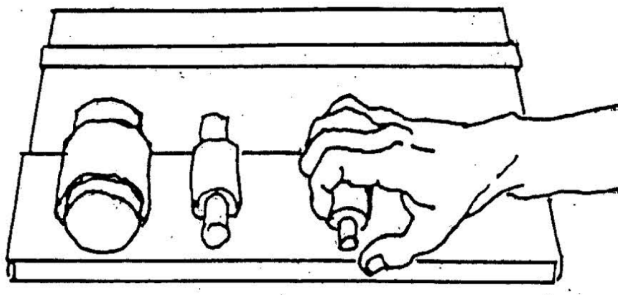
Wrist Extension



Supination



Finger Flexion



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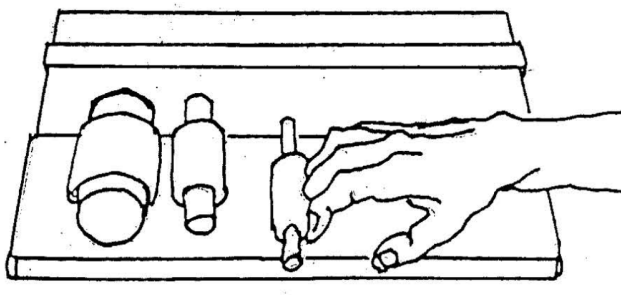
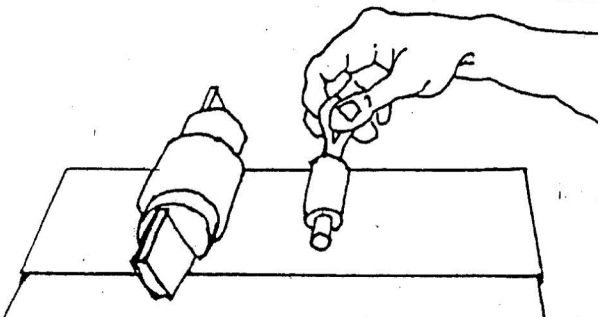
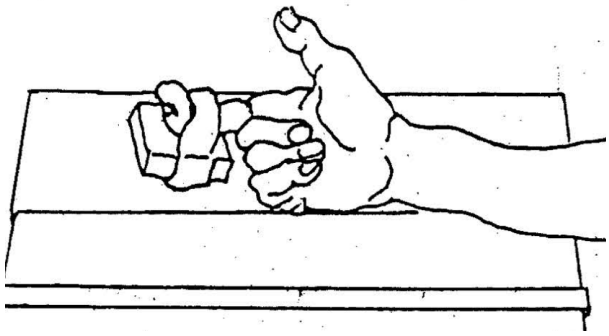
Finger Extension



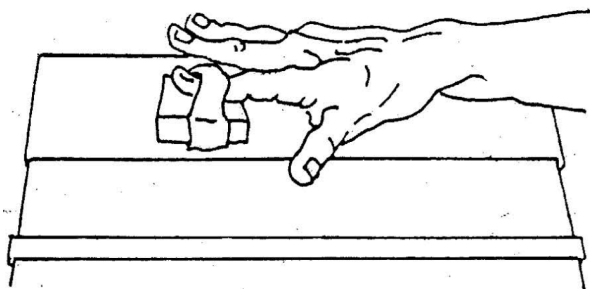
Key Pinch



Individual Finger Flexion



Individual Finger Extension



Care and Cleaning

1. Clean hook and loop materials by removing lint using a stiff brush or using another piece of hook. Disinfect using hospital approved disinfectant or spray thoroughly with Lysol Brand Disinfectant* spray.

**Lysol brand disinfectant spray has been recommended for use against the SARS-CoV-2 virus by the EPA*

2. Clean wood materials with disinfectant wipes ideally containing quaternary ammonium compound as the active ingredient. (e.g. Clorox brand wipes)

Warranty

Any product found to be defective due to the material or workmanship within one year will be replaced under our return policy following product evaluation by Therafin Corporation. This replacement warranty does not include misuse or neglect of the product.

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